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THE BUILDING BLOCKS OF A BLOCKBUSTER?

MAKERS OF THE LEGO MOVIE HOPE ALL THE PIECES FIT PAGE 7

VALENTINE'S DAY DINNER For Reservations Call 204-775-0451 ext. 166 RAMADA

WINNIPEG TALENT? OH, JUNO IT!

Winnipeg group Royal Canoe has been nominated for Alternative Album of the Year at the 2014 Juno Awards for their album Today We're Believers. Royal Canoe is joined by locals Earl MacDonald (Contemporary Jazz Album); Erin Propp and Larry Roy (Vocal Jazz Album); James Ehnes (two Classical Album nominations); KEN Mode (Metal Album); Mahogany Frog (Instrumental Album); Marie Claude (Children's Album); and Little Miss Higgins & The Winnipeg Five (Roots Album). For more coverage of the Juno Awards, see page 7.

COURTESY NEVADO RECORDS

Premier boots Melnick from NDP caucus

Controversy. Selinger says former minister has lost his confidence, but she says she knew she did the 'right thing'

Premier Greg Selinger kicked one of his members out of the NDP caucus Tuesday after she openly accused the premier's office of making her a scapegoat in an immigration debate controversy.

Christine Melnick failed to fully apologize for initially saying she did not order bureaucrats to invite immigration service workers to watch a debate, Selinger said. Instead, he said, she chose to blame others, and, "in doing so, she has lost the confidence of myself and of caucus."

Melnick, who will sit as an Independent, said she expected to pay a price for speaking out against the premier, and added she plans to run for re-election in 2016.

"I did what I knew was the right thing to do," she said.

Melnick kept a low profile until recently, when Selinger said he and his staff were never involved in the decision to send out the invitations.

She went public with detailed allegations that one of the premier's advisers had told her what to do and that the premier's press secretary later told her she would have to take the blame to protect the premier.

Selinger denied all the accusations.

Melnick's dismissal is the first time someone has been ousted from the NDP caucus since the party took power in 1999. It comes as the New Democrats have faced strong criticism over a sales tax increase last year, and as opinion polls suggest the party is trailing the Opposition Progressive Conservatives. **THE CANADIAN PRESS**

NEWS 1

Suspect sought

Woman robbed at knifepoint

Police are looking for a male suspect after a woman was robbed at knifepoint near the Exchange District early Monday.

The 50-year-old woman was walking to work near Arthur Street and Notre Dame Avenue when a man with a knife demanded she hand over her wallet.

The woman was not injured, and the man fled with her wallet through a parking lot.

The suspect is about five foot eight inches tall with a dark complexion and medium build. He was wearing a dark-coloured jacket with a hoodie underneath.

Anyone with information is asked to call police at 204-986-6668 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

Part of traffic study

Council releases already-released info on fire hall

The city's infrastructure-renewal and public-works committee voted to make public parts of a traffic study on the Portage Avenue fire station that had already been released to a local activist.

Councillors were lobbied by several delegates at Tuesday's meeting, including Colin Craig of the Canadian Taxpayers Federation, to release the entire Stantec Traffic Study.

Craig said he made a freedom-of-information request in 2012, but two months later, city officials told him it wouldn't be given.

He then appealed to the Ombudsman Office, which helped him get part of the study and found that development company Shindico, along with report author Stantec, tried to block its release.

However, the city chose Tuesday to only release that portion of the study. Acting fire chief Bill Clark said there were privacy concerns that prevented a full release.

The committee voted to make public the documents that were given the all-clear under the Freedom of Information and Protection of Privacy Act.

BERNICE PONTANILLA/METRO

Provencher Boulevard keeps on truckin' — for the time being

The push to keep trucks off Provencher Boulevard is set to continue after a city committee asked its public service to explore all options on how truck traffic may be limited along the popular stretch in St. Boniface.

Ward Coun. Dan Vandal's motion, supported by the other members of the infrastructure-renewal and public-works committee, came after city officials delivered a report that recommended leaving the truck route designation as is.

Make a move

"We have tremendous potential and we're selling ourselves short if we're going to keep Provencher Boulevard as a truck route in perpetuity."

Provencher resident and business-owner Andre Clement

"Let's start with a pilot project, let's start with a seasonal truck ban, let's maybe look at potentially reducing the truck-ban area," he said.

Vandal also expressed concerns over the report, since it implied that trucks servicing businesses in the vicinity would be impacted.

"My intention always is to remove the heavy trucks from Provencher but to give an exception to those industries and businesses that actually do business in north St. Boniface."

Brad Sacher, director of public works, said his department would be happy to provide that information to the committee.

Andre Clement, who owns a home and a business on Provencher, said a seasonal ban "would be a good solution in the short-term while the city figures out what we want to see in five years."

BERNICE PONTANILLA/METRO

Owner of head shop confused by charges

Hemp Haven. Owner says he follows rules but has been subject to police intimidation

The owner of a novelty store with pipes, bongs and rolling papers on its shelves is looking for answers from police after he was arrested in his shop last week.

Hemp Haven owner Jeremy Loewen said he follows the rules set out for shops like his — he has a tobacco and business licence, pays his taxes and, most importantly, never knowingly sells his wares for use with illegal drugs — and thinks his arrest may be part of an effort to intimidate similar city shops into shutting their doors.

"If they would have come to me with papers and said cease and desist, then OK, no problem," said Loewen, who told Metro he was arrested after an undercover officer bought a water pipe from an employee at his store on Jan. 27.

Loewen also said two plainclothes officers warned him to close his store shortly after police forced another local head shop to temporarily shut down last year.

"I tried contacting them to find out what I can and cannot sell and I got no reply," said Loewen. "I've been here for 12 years, and it's never been a problem."

Loewen said he knows of at least one other similar arrest.

The owner of another head shop, who asked not to be identified, confirmed he closed his store recently due to police "breathing down (his) neck."

Winnipeg police weren't able to comment Tuesday.

Loewen is charged with possession of proceeds of property obtained by crime and selling instruments for drug use.

SHANE GIBSON AND MEG CRANE/METRO

Hemp Haven owner Jeremy Loewen said he follows the rules for head shops and doesn't understand why he was arrested last week. SHANE GIBSON/METRO

Sandy Bay reserve

Union reproaches First Nation for stiffing teachers

The federal government is being asked to take over a Manitoba First Nation that allegedly hasn't paid its teachers. The Manitoba Teachers' Society says Ottawa should appoint a third-party manager to address chronic problems at the Sandy Bay reserve.

The union alleges the First Nation has defaulted on teacher salaries, forcing some to miss mortgage and loan payments; that retired teachers can't get access to their pensions; that those who are ill can't get health or disability benefits; and that school conditions are deplorable, with broken fire alarms and barren bathrooms. THE CANADIAN PRESS

Report unfinished

Air ambulance still grounded

Manitoba's health minister says there is still no word on when STARS will get airborne in the province again, about a month after the hoped-for completion of a report on the grounded air-ambulance service.

Chopper flights by the contracted service were halted on Dec. 3 after three critical on-board incidents, including one in which a woman died shortly after she had been transported to hospital.

The government later said she had not been properly ventilated with oxygen.

Health Minister Erin Selby says a review of the procedures is not yet finished, despite an early January target.

CJOB/THE CANADIAN PRESS

Harb and Brazeau first to be charged in Senate scandal

Expenses. Mounties charge one Liberal and one Conservative; investigation of Duffy and Wallin continues

Mac Harb and Patrick Brazeau have been charged with fraud and breach of trust — the first criminal charges to emanate from the Senate expenses scandal, but possibly not the last.

Harb, a former Liberal senator who resigned from the upper house last summer, and Brazeau, a former Conservative senator who was suspended from the Senate last fall, face one count each of fraud and breach of trust in relation to their travel and living expense claims, the RCMP said Tuesday.

The Mounties continue to investigate allegedly fraudulent expenses claimed by suspended senators Mike Duffy and Pamela Wallin.

They are also investigating Nigel Wright, who was Prime Minister Stephen Harper's chief of staff when he personally gave Duffy $90,000 to reimburse the Senate for disputed living expenses.

Tuesday's charges stem from allegations that Harb declared two largely unused country homes as his primary residences, allowing him to claim a Senate housing allowance and living expenses for his supposed secondary residence in Ottawa — where he had lived for years prior to his 2003 appointment.

The Mounties allege that Brazeau fraudulently claimed his father's home in Maniwaki, Que., as his primary residence, although he was rarely seen there and lived primarily in Gatineau, Que. Brazeau, like Harb, has maintained that he did nothing wrong.

THE CANADIAN PRESS

Mac Harb, left, and Patrick Brazeau are charged in the Senate scandal. SEAN KILPATRICK, ADRIAN WYLD/THE CANADIAN PRESS

Rules lack clarity?

Harb and Brazeau

An independent audit of the pair's expense claims last spring said Senate rules on primary residences lacked clarity and, therefore, the auditors could not determine whether either senator had broken the rules.

But the Senate's internal economy committee declared the rules to be "unambiguous" and demanded that the senators repay their disputed expense claims. Harb complied but Brazeau refused to reimburse the $48,000 he was asked to pay back, prompting the Senate to garnishee his salary. He was subsequently suspended without pay.

THE CANADIAN PRESS

Pickup containing dead coyotes shocks woman

Tiffiny Koback of Saskatoon posted this to Facebook. TIFFINY KOBACK/FACEBOOK

JACOB MORGAN
Metro in Saskatoon

A Saskatoon woman out grabbing a coffee last Sunday was confronted with a grisly sight.

Tiffiny Koback was sitting with her husband in the drive-thru lineup of a local Tim Hortons. They were stuck behind a GMC Sierra pickup truck loaded to the brink with uncovered coyote carcasses.

"It was shocking," said Koback, who is the shelter director for the Saskatoon SPCA.

"By the time we ordered our coffee, I couldn't talk — I was in tears."

She took out her phone to snap a picture and shared the disturbing image on Facebook. In the post she said she was able to count more than 20 dead coyotes.

Numerous Facebook users responded to express their outrage.

"What a civilized world we live in," wrote Leah Reynolds. "Beyond disturbing."

After the incident, Koback said she looked up the rules in Saskatchewan around coyote hunting and was surprised to find there are no official limitations.

While she said she understands that many farmers with livestock consider the wild canines pests, Koback couldn't believe the brazenness of the truck driver. She said there should be guidelines in place.

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Quoted

"The world's attention is our only hope right now."

Oleg Komin, 32, Kyiv
Lawyer
Studied in the U.S., hopes his country will follow the West

Quoted

"I'm happy Canada's getting involved and put the visa ban on our government."

Dasha Mychailova, 19, Kyiv
International-relations student
Sees the protests from an international perspective

Quoted

"Once people wake up they don't go back to sleep."

Andrew Meakovsky, 24, Kyiv
IT specialist
Joined the protests after a law targeted freedom of speech

Quoted

"Sometimes I want to huddle in a corner; I'll have to move if things get really bad."

Yuliya Kudriavtseva, 30, Kyiv
Translator
Worked with the reporter at the protests

Youth are at the forefront of the protest movement in Ukraine, risking jail and injury to fight what they say is an attack on their freedom. CONTRIBUTED

'We want to be part of Europe, not the Soviet Union'

Ukraine. Young people are driving protests in Kyiv and fighting for their future

DYLAN C. ROBERTSON
For Metro in Toronto

During a trip to Kyiv three weeks ago, I noticed that many of the Ukrainians occupying its frigid streets were youth.

I was there to write about the riots and considered myself lucky to find Yuliya Kudriavtseva on a translation forum. She took me to protest camps, barricade checkpoints and occupied buildings.

Since that trip, 10 people have died. One online video shows a bruised, naked man in the snow as police photograph him and smack his head.

I called Kudriavtseva for an update.

"I do what I can to support the cause. I'm too scared to go out and protest," she said.

"I have a business so I pay lots of taxes. I'm happy to pay for schools and hospitals, but it all goes to corrupt officials."

She added that protesters want democracy and human rights.

"We want to be part of Europe, not the Soviet Union."

Kyiv's protests started in November when Ukraine's president pivoted the indebted country toward Russia, which offered a $15-billion bailout, instead of the European Union.

Thousands set up Occupy-style tents in Kyiv's central Independence Square and draped banners over the massive Christmas tree.

Ten days later, the government shut down mobile communications and sent in riot police. Dozens of protesters and journalists were injured. Dasha Mychailova, 19, was in the crowd.

"We ran for our lives."

She hid in a bar with friends while others were beaten with police batons.

"Friends of mine were attacked and had to be hospitalized. There's been no compensation or justice," she added.

"This is now a battle over human rights."

When I visited in January, the government had just rushed a law mandating up to 15 years in jail for anyone attending mass rallies.

A week later, thousands at the protest site received an Orwellian text message: "Dear subscriber, you are registered as a participant in a mass disturbance."

That's when Andrew Meakovsky got involved.

"Our freedom is at stake; I had to join the protests."

Although happy with his IT job, Meakovsky said many youth consider moving abroad for higher wages.

"Then you have your freedoms threatened. How can you live here?" he asked. "We are fighting for our future. We love our country and we don't want to leave."

What happens next is uncertain. On Sunday the EU announced a U.S.-supported bailout, contingent on reforms and respect for human rights.

The government proposed releasing arrested protesters last week if activists evacuated occupied buildings. Few did, which worries Kudriavtseva's boyfriend, Oleg Komin.

"There's an unwillingness to listen; both sides won't hear each other."

Economic problems

- The minimum hourly wage in Ukraine is $0.87.
- One in five young Ukrainians is unemployed, according to official figures.
- Forty per cent of university graduates take jobs far below their qualifications.
- Transparency International ranked Ukraine 144 out of 175 countries on last year's Corruption Perceptions Index

PR

Putin shows soft side with cuddly leopard cubs

Basking in the glow of support from International Olympic Committee chairman Thomas Bach, Russian President Vladimir Putin began his stay at the Sochi Games by promoting a cuddly image, visiting a group of endangered Persian leopard cubs born last summer in the mountains above the Black Sea resort.

"We've decided to restore the population of the Persian leopard because of the Olympic Games," Putin said. "Let's say that because of the Olympic Games, we have restored parts of the destroyed nature."

Putin entered the cage and petted the leopard on the head. "We liked each other," he said.

Some journalists accompanying him weren't so lucky. They apparently upset the big cat, which scratched one of them on the hand and bit another on the knee. THE ASSOCIATED PRESS

Bach

Stop using Games for political gain, says IOC chief

IOC president Thomas Bach accused world leaders Tuesday of using the Sochi Olympics as a political platform "on the backs of the athletes" and of snubbing the Games without even being invited.

Three days before the opening of Russia's first Winter Games, Bach used a hard-hitting speech to call out politicians for using the Olympics to make an "ostentatious gesture" serving their own agendas.

Without naming any individuals, Bach's comments appeared directed at U.S. President Barack Obama and European politicians who have taken stands against Russia's law banning gay "propaganda" among minors.

The Olympics, Bach said, should not be "used as a stage for political dissent or for trying to score points in internal or external political contests." THE ASSOCIATED PRESS

Investigation

Austrian athletes threatened with kidnapping

The Austrian Olympic Committee has received an anonymous letter containing a kidnap threat against Alpine skier Bernadette Schild and skeleton pilot Janine Flock during the Sochi Games.

The letter, written in German, was delivered Monday to the mailbox of its Vienna office, AOC general secretary Peter Mennel said Tuesday.

"We have immediately alerted the Federal Criminal Agency, which is investigating the case," Mennel said.

Interior Ministry spokesman Karl-Heinz Grundboeck confirmed the ongoing investigation, adding Russian authorities had been informed and that no information would be made public if or when additional security measures were established for Schild and Flock.

The AOC said in a statement that it was "not regarding it as an acute threat at the moment." THE ASSOCIATED PRESS

Grocery store wars.
Walmart Canada ups the ante, puts $500M on table

Walmart is placing its bets on the fresh food business, as it announced Tuesday it will open 35 more Canadian supercentres as part of nearly $500 million in planned investments this year.

The world's biggest retailer said its long-term plan is to offer groceries in each of its Canadian stores, a move which will increase the pressure on its retail rivals.

"We love the idea of our customer coming in and buying ground turkey and taco seasoning and salad mix and diapers, getting their oil changed, picking up a pair of eyeglasses and riding home on a new bike. I mean you can get it all done at Walmart and we love the idea of that," said Shelley Broader, Walmart Canada's president and CEO, in an interview.

The discount chain, which celebrated its 20th anniversary in Canada last month, is investing more than $376 million to build, expand, relocate or remodel its stores. It said six of the stores will be new, 10 will be expansions and 18 will be retrofitted to add a fresh food section. One store will be relocated.

The company currently has 389 stores, including 247 supercentres that carry a combination of groceries, apparel, and household goods. It expects to have a total of 395 stores by the end of January 2015, with 282 supercentres and 113 discount stores.

This latest announcement is expected to solidify the retailer's role as a serious grocery offering, and increase competition for Canadian retailers — especially for the food, pharmacy and clothing chains — who compete with Walmart.

Two main rivals include U.S. retailer Target Corp. and online behemoth Amazon, which started grocery delivery to Canadian customers last December.

Grocery chains, such as Loblaws, Metro and Sobey's, have consolidated and cut prices to lure in more customers. THE CANADIAN PRESS

Market Minute

DOLLAR 90.24¢ (+0.13¢)

TSX 13,504.48 (+18.28)

OIL $97.19 US (+$0.76)

GOLD $1,251.20 US (-$8.70)

Natural gas: $5.30 US (+$0.35)
Dow Jones: 15,445.24 (+72.44)

The revolution will be televised ... on Netflix

Survey says... 29% of Canucks subscribe to Reed Hastings' brainchild to stream content

Since Netflix was launched in Canada in 2010, the streaming service has steadily grown in popularity. THE ASSOCIATED PRESS

Netflix continues to grow in Canada and is being used in millions of households, suggest two research reports.

Telephone surveys commissioned by the Media Technology Monitor with 4,009 anglophone Canadians between Oct. 7 to Dec. 1 found that 29 per cent of the respondents said they were Netflix subscribers.

That was up nearly 40 per cent compared to MTM survey results from 2012. Based on the latest polling data, MTM estimates there are 5.8 million Canadians using Netflix to stream content.

Solutions Research Group Consultants estimates that three million Canadian households are using Netflix, based on an online poll conducted in November.

Of the Netflix users polled, almost nine in 10 said they found the $8-a-month subscription fee to be "excellent" or "good" value for their money, and the average user spent 1.5 hours a day watching TV shows or movies with the service.

That poll also revealed that 81 per cent of the respondents said they watch short online videos monthly and 56 per cent were watching long-form content.

MTM's polling suggests that more Canadians are connecting their TVs to the Internet to play online video on their biggest screen.

About 26 per cent of the respondents said they use their TV to access online content, which was up about 20 per cent from the previous year. MTM attributes the growing popularity of Netflix as the biggest reason for the increase.

Netflix, which launched in Canada in September 2010, no longer discloses how many Canadian customers it has.

It last reported the service had reached the one-million Canadian subscriber milestone just shy of its one-year anniversary in Canada, which was the company's first international market outside the U.S.

THE CANADIAN PRESS

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STUFFAHOLISM KILLS

JUST SAYIN'

Paul Sullivan
metronews.ca

Now that the hangover from the orgy of materialism known as Christmas has finally evaporated, it's time to face the obvious.

We are stuffaholics and we are suffering from "stuffocation."

Christmas is merely the climax in a year of mounting over-consumption. It starts on Black Friday, marches through Cyber Monday, and culminates in two weeks of Boxing 'Day,' with the religious dimension of the holiday being swept away in a tsunami of consumption that now starts rolling even before Halloween. But we don't know what else to do with ourselves.

Stuffocation is the title of a new book by trendspotter James Wallman, and it's the perfect word for our current state. Too much everything. It's going to the closet, says Wallman, "and it's bursting with clothes but you can't find a thing to wear."

For other critters on the planet, the consequences are more serious.

There's an island called Midway, which is 2,000 miles from land, where the sea birds are literally stuffocating on the garbage they've ingested from the formerly pristine ocean and beaches. You can watch this on Upworthy. Check it out and weep. I did.

But Wallman has an interesting theory. He thinks we've finally had enough of stuff and the dominant philosophy of the day is changing.

We're evolving again. Materialism and its stuffocating side effects are giving way to "experientialism," which means we're starting to value experiences over things.

Back in the bad old days of conspicuous consumption, your stuff had a point. It was a symbol of your status. Your car was more than a ride from point A to point B; it was a sign you could afford to spend enough to keep an African village alive for a year on your conveyance.

That was then, when it was necessary to impress those in your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail" is pretty cool.

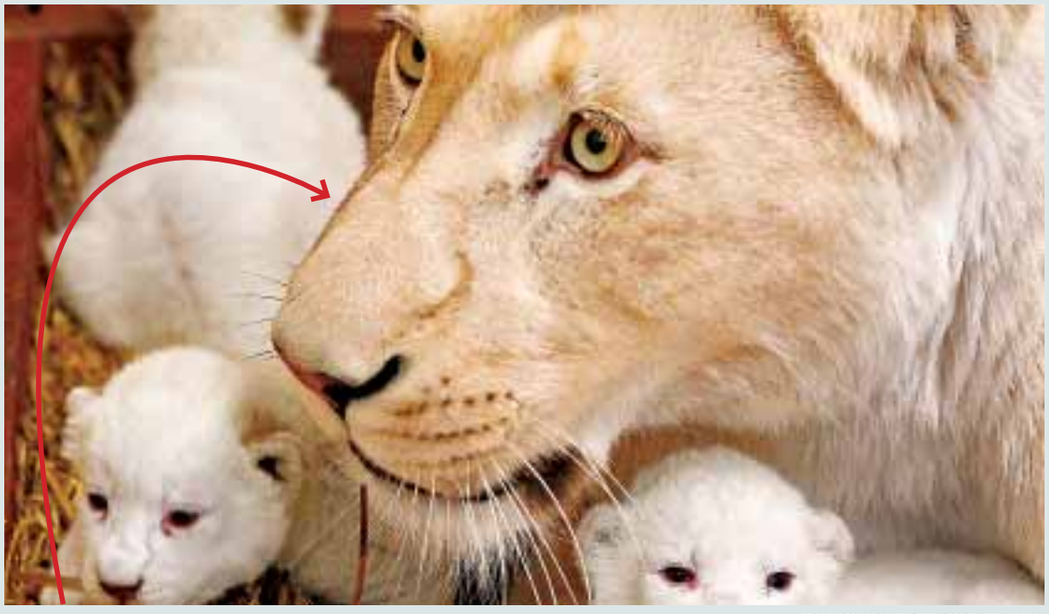
And who needs a car when you can just use a Zipcar?

According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the drain.

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is stuffocating us all, it's a tiny message of hope — in a biodegradable bottle.

ZOOM

Addressing the white lion in the room



CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Endangered Species Act endangered?

White lioness Azira lies in a cage with her white cubs that were born last week in a private zoo in Borysew, in central Poland.

White lions are virtually extinct in the wild and often have defects that prevent them from giving birth, or the mother rejects her cubs, but in this case the cubs are doing well. The U.S. Endangered Species Act — designed to prevent plights like that of the white lion for wildlife in America — may be endangered itself. Republicans in Congress are calling for an overhaul to the act, who proponents credit with staving off extinction for hundreds of species, but critics contend has been abused by environmental groups seeking to restrict development in the name of species protection.

THE ASSOCIATED PRESS

In 40 years, the U.S. government has spent billions of dollars trying to save some 1,500 species deemed endangered, like the grizzly bear.

THE ASSOCIATED PRESS FILE

Political protection

The political hurdles for an overhaul of the law are considerable. The Endangered Species Act enjoys fervent support among many environmentalists, whose Democratic allies on Capitol Hill have thwarted past proposals for change.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Facebook falling out of vogue among the web savvy, the social media site is doing its darndest to log some of your precious screen-time hours. Introducing Paper, a social app that takes the good ol' fashion design sensibilities of a magazine, combines them with a newspaper and puts it all online. But while the news reading app isn't yet available on the Canadian iTunes store, you don't have to stay stuck in the dark ages.

Flipboard:
Curate a magazine filled with articles from your favourite news sites, social networks, blogs or even RSS feeds.

Feedly:
The go-to RSS reader once Google reader died (RIP), Feedly lets you set up feeds for your favourite sites in a simple, user-friendly, magazine style format.

Twitter

A Vancouver woman hopes to open a cat café this fall, based on ones popular in Tokyo. What other kinds of themed cafés would you like to see open up?

@PascalCoder Retro Gaming Cafe, that accepts Bitcoin along with Canadian Dollars! E-Sports on the TVs, LCD Tetris Tables!

@wgb75 Why can't Edmonton have a puppy cafe. A lot would be interested.

@teemodajo A crafty cafe with local artiste's wares.

@Chris_cymru board game cafe. Like snakes &lattes in Toronto

@notmattdaubs does Anne Murray have a cafe? She probably should.

@mmmhustler403 A camping-theme cafe with a few real (small) bonfire/campfire for people to sit around. #YYC

@MainStPoodle I'd like to see a dog cafe. Right next door to the cat cafe.

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro

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Minifigs movie built on an idea that's been around the block

Silver screen play box.
The Lego Movie latest film hoping to turn kid's toy into a blockbuster

IN FOCUS
Richard Crouse
scene@metronews.ca

Minifigures stick together to save the universe from the tyranny of Lord Business in The Lego Movie. CONTRIBUTED

Alfred Hitchcock said, "Ideas come from everything," and certainly Hollywood proves his point.

Just this year we've had films inspired by everything from Norse mythology by way of comic books (Thor: The Dark World), real life (Captain Phillips, American Hustle to name a couple) and literature (The Hobbit: The Desolation of Smaug to name one).

Like Hitch says, story ideas can come from anywhere. Even the board games and toys we played with as kids.

This weekend Hollywood has built a movie around a set of building blocks. The most famous building blocks in the world. The Lego Movie features the all-star voices of Will Ferrell, Liam Neeson, Elizabeth Banks and Morgan Freeman in a story about an ordinary Lego minifigure recruited to stop the evil tyrant Lord Business from gluing the universe together.

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

The 1977 animated film Raggedy Ann & Andy: A Musical Adventure has the distinction of being the first theatrical motion picture based on a consumer toy. In the movie the rag dolls go on a journey to rescue Babette, a beautiful French doll kidnapped by a pirate. Described as "tedious" and "lacking in pace and humor" by many critics, the movie has also been mentioned as an unofficial inspiration for the Toy Story series.

Toying with filmgoers' affections

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

A few years later came an action figure that would inspire several movies. Roger Sweet, lead designer for Mattel's Preliminary Design Department, says he wanted "a powerful figure that could be taken anywhere and dropped into any context because he had a generic name." That character was He-Man, defender of the realm of Eternia from the evil forces of Skeletor.

The job of bringing that bigger-than-life character from the toy box to the screen fell to Dolph Lundgren in the 1987 film Masters of the Universe. The original story wasn't a hit at the box office and isn't one of Lundgren's favourite films.

"How much could I do as an actor," he asked, "when I was running around in swim trunks and chest armor?"

More successful was Clue, based on the crime mystery board game. Starring Eileen Brennan and Martin Mull as murder suspects Mrs. Peacock and Colonel Mustard, the movie was released with three possible endings. The various endings were split up between theatres, so no two prints were the same, but the DVD release features all three.

Juno noms Reflektor Arcade Fire's heat

Montreal's Arcade Fire, whose Haitian-inspired fourth album Reflektor was one of the most critically acclaimed releases of the year, has nabbed a leading six Juno nominations.

Michael Bublé and Stompa singer Serena Ryder are close behind with five nominations apiece.

Tegan and Sara, Drake, Céline Dion and Hedley round out the field with four nods each heading into the March 30 show in Winnipeg.

The nominations were announced Tuesday morning at a news conference in Toronto.

Arcade Fire will compete in the album of the year category against Dion's Loved Me Back to Life, Drake's Nothing Was the Same, Bublé's To Be Loved and Ryder's Harmony.

Blurred Lines crooner Robin Thicke, who pulled in three Juno nominations, was announced as a performer at the show, as were indie darlings Tegan and Sara, and Ryder.

Thicke, who has dual citizenship, will compete for artist of the year against Dion, Drake, Bublé and Ryder.

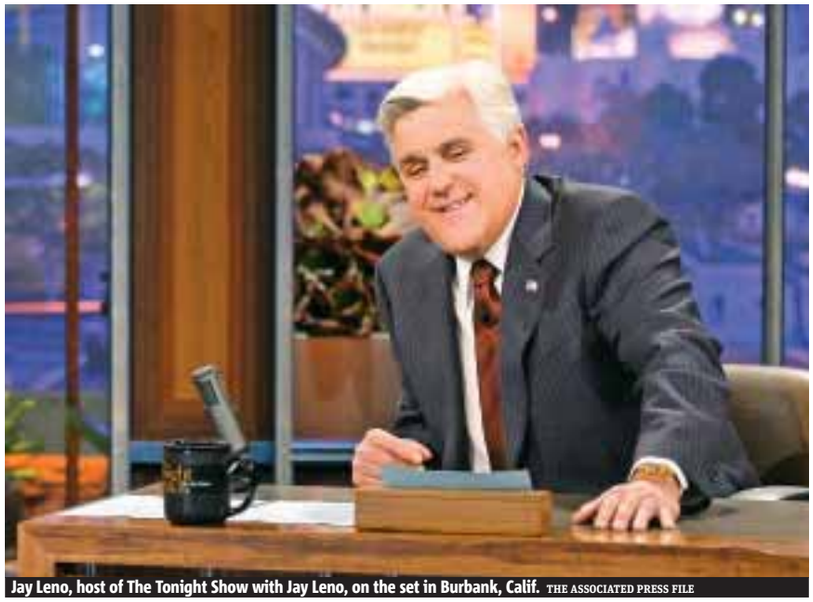
Group of the year will be contested by Arcade Fire, Blue Rodeo, Hedley, Tegan and Sara, and Walk off the Earth. The Burlington, Ont., band known for their innovative videos earned three nominations overall.

Arcade Fire will also compete for alternative album of the year along with Rah Rah's The Poet's Dead, Royal Canoe's Today We're Believers, Warring by The Darcys and Uzu from Yamantaka//Sonic Titan. THE CANADIAN PRESS

Arcade Fire has nabbed a leading six Juno nominations. THE CANADIAN PRESS

Leno leaves The Tonight Show the same way he took it over — at No. 1

22-year run. Host says goodbye to late-night TV



Jay Leno, host of The Tonight Show with Jay Leno, on the set in Burbank, Calif. THE ASSOCIATED PRESS FILE

Jay Leno, as affably efficient backstage as he is in front of the camera, avoids waxing poetic about his 22-year Tonight Show run that draws to a close Thursday.

Instead, he relies on numbers to tell the story. Leno's tenure is second only to Johnny Carson's 30 years; Tonight was No. 1 among viewers when he took it over and will be when he hands it off to Jimmy Fallon. He'll have taped more shows than any predecessor, Carson included, with the final and 4,610th one.

His dry assessment also may stem from a case of deja vu. After all, he lived through this before when he surrendered Tonight in 2009 to Conan O'Brien, only to reclaim it after NBC's messy bobbling of the transition and O'Brien's lacklustre ratings.

But this time it's different, Leno contends, offering another hard fact: The older generation has to make way for the younger one.

Britain's Queen Elizabeth II can keep 65-year-old Prince Charles cooling his heels. Leno doesn't have the power to do the same with Fallon, 39. The Late Night host is moving the show from its longtime Burbank home, near Johnny Carson Park and off Bob Hope Drive, to its New York birthplace when he debuts as host on Feb. 17.

"It's been a wonderful job but this is the right time to leave," said Leno, whose once-dark mop of hair is now a neatly groomed silver. "I'm at that age where I don't really listen to the (current) music anymore. I'm not a big tweet guy. A 63-year-old guy reading Miley Cyrus' tweets is a little creepy. Move on."

He makes the argument with the precision of one of his reliable monologue jokes, just as he did when he claimed to understand NBC's decision to evict him for O'Brien — even as he reamed the network on the air.

The years between then and now have seen changes come at a quickening pace, with an ever-more crowded late-night arena and a shifting media environment. Fallon's parody music bits with contemporaries like Justin Timberlake are perfect cut-and-pastes for sites like YouTube that drive young viewer attention and offer new potential for ad sales as network revenues shrink.

In 2012, Tonight laid off 20 staffers and Leno took a 10 per cent pay cut. The show has averaged a 3.5 million nightly viewership in the past 12 months, which pales in comparison with the double-digit audiences it once claimed.

Leno is planning to expand the comedy club gigs he never abandoned and various outlets for his automotive passion, including the web show Jay Leno's Garage, and the magazine and newspaper pieces he writes. He insists his schedule won't include another late-night show, which could only be what he calls "Tonight Light."

"It's hard to re-create this moment. It's like the fighter coming back. You got to be world champion, so it's kind of silly," he said.

Tonight, which launched in 1954, was shaped by original host Steve Allen and nurtured by successors Jack Paar and Carson. Following them represented the pinnacle for comedians, and it was the role Leno coveted and won upon Carson's 1992 retirement.

Quoted

"It's been a wonderful job but this is the right time to leave. I'm at that age where I don't really listen to the (current) music anymore. I'm not a big tweet guy. A 63-year-old guy reading Miley Cyrus' tweets is a little creepy. Move on."

Jay Leno

His first few months were marred by Leno's longtime manager Helen Kushnick, who, as his first Tonight executive producer, was blamed for instigating nasty guest booking wars and fired in what then was characterized as one of TV's biggest publicity nightmares.

Worse was to come, when NBC's Tonight host succession plan hatched in 2004 went awry. Leno, who stoically endured insults from Jimmy Kimmel and others who portrayed him as having stolen O'Brien's job, says the past is past. CBS' Letterman, who once jockeyed with Leno for Carson's throne, echoed that.

"How long can I carry this with me?" he told Howard Stern during a SiriusXM interview Friday. He spoke of calling Leno when his second Tonight departure was announced, their first conversation in several years, and tipped his hat to his rival when Stern asked if Leno sounded sad.

"I wouldn't say sad. There's nothing to be sad about. He's had a tremendous career there," Letterman said, graciously.

Others have chimed in. Politically Incorrect host Bill Maher, a regular Tonight guest, and Seth MacFarlane (Family Guy, Ted) serenaded Leno last week to the tune of Thanks for the Memories. It was reminiscent of Bette Midler's saucy You Made Me Watch You tribute to Carson. But this parody was edgier.

"You've been retired and twice been fired for being No. 1. How stupid they are," the pair sang, zinging NBC as a surprised, bemused Leno watched.

Maher was expansive when asked to comment on Leno.

"As a performer trying to make it in show business, and as a human being, you cannot do better than ask, 'What would Jay do?"' Maher said in an email Saturday.

Leno's final show will feature Billy Crystal, his first Tonight guest, and Garth Brooks. Leno's legacy — a word that makes him squirm — might include expanding the show's opening monologue; a memorable mea culpa from Hugh Grant after he was arrested in 1995 with a prostitute; the first interview with a sitting president, Barack Obama, in 2009; and the "Jaywalking" fixture, which trips up people with simple questions.

THE ASSOCIATED PRESS

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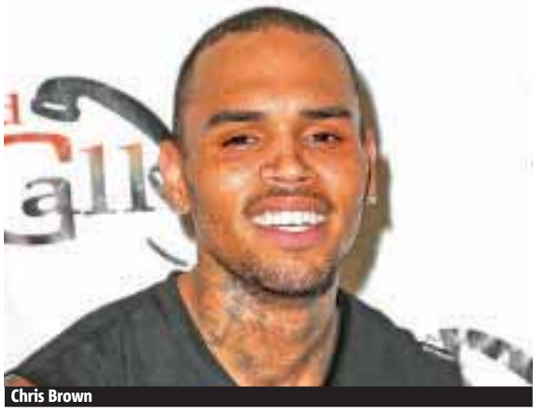
Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

All's Vanity Fair in Gwyneth's war on exposé — magazine reconsiders

That Vanity Fair piece on Gwyneth Paltrow might never see the light of day, according to editor Graydon Carter, but not because of the Oscar-winning actress' impressive attempts to quash the mag's efforts. It turns out the final piece "was such a far cry from the almost mythical story that people were by now expecting — the 'epic take-down,' filled with 'bombshell' revelations — that it was bound to be a disappointment," Carter writes in the magazine's latest issue. He also reveals a 20-minute conversation with Paltrow herself about the article's future. "At one point, she asked my advice as to what to do to get the 'haters' on her side," Carter writes. "I suggested putting on 15 pounds. I joked that it works for me. She replied that I had put on much more than that." And Paltrow's efforts to kill the article did register with Carter, who recounts the actress ordering her A-list friends to "not speak to Vanity Fair about her or about anything else ever again," he writes. "Kim Jong-un couldn't have issued a more blanket demand."



Chris Brown

Brown's lawyer says yes, yes, yes, to keeping singer in rehab and out of jail

Some good news, at last, for Chris Brown. A judge has agreed that the troubled singer is "making great strides" in his current live-in rehab program and doesn't need to be in jail, according to E! News. Brown's attorney, Mark Geragos, successfully convinced the court to not interrupt Brown's treatment despite new witnesses coming forward in his Washington, D.C., assault case from last year that the L.A. County District Attorney's office argues violates his probation from his 2009 conviction for assaulting Rihanna. "I say keep things on a short leash. Keep him where he is now," Geragos argued. "He is making great strides, and all you have to do is look at him. I've known him for five years, he's as good as he's ever been."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hoffman introduced himself as a heroin addict

MELINDA TAUB
Metro World News

Philip Seymour Hoffman's death came as a tremendous shock to his fans. He himself, though, didn't try to hide that he had a problem: Just two weeks ago, he introduced himself to a stranger as a heroin addict.

Magazine publisher John Arundel was at the Sundance Film Festival recently, where he began chatting with Hoffman, whom he did not recognize. Arundel asked what he did for a living. "He said, 'I'm a heroin addict,'" Arundel told the New York Post.

Hoffman then took off his "sloppy hat," at which point Arundel recognized the star. Before he walked away, Hoffman added, "I just got out of rehab."

It's especially heartbreaking to know that Hoffman was fully aware of the dangerous path he was on, but was unable to stop.

Hoffman was found dead Sunday in a Manhattan apartment. According to police, he was found in the bathroom with a needle still in his arm. Hoffman had been sober for 20 years, sources say, until a relapse last May.

Jennifer Aniston

Aniston regrets crop, opts for sweet extensions of youth

Jennifer Aniston reversed course on her recent cropped hairdo, having extensions put in to bring it back to a more comfortable length. "Jen had been complaining to friends that she didn't like the short hairdo. She thought she wanted a drastic change but felt it wasn't the right look for her," a source tells Radar Online. "She felt having the short hair made her look older, which she is trying to avoid. Having long hair, according to Jen, makes her look younger."

Twitter

@kirstiealley
got a good night's sleep and no one killed me... soooo looks like project TRAIN RIDE..is going to be a hit.

@ElizabethHurley
Horrific dreams last night.... Still reeling

@MarlonWayans
This meal made no damn sense ... But we ate it

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LIFE 3

What a winter fun-derland

Panorama. From hardcore powder hounds to high-end dining aficionados, this B.C. mountain resort has something for everyone

KATHY BUCKWORTH
life@metronews.ca

After a hard day on the slopes, soothe your aching muscles in the hot pools at Panorama. PANORAMA

Located a scenic four-hour drive northwest from Calgary Airport, Panorama, B.C., is a unique ski resort destination that has something for the whole family, including its signature panoramic views.

With a 4,000-foot vertical, 2,800 acres of terrain, over 120 trails, two bowls and two terrain parks, there are plenty of gentle green and more challenging blue runs for beginners and experienced skiers to warm up on before hitting the tough double black diamond Taynton Bowl. Panorama is on the lighter side of the so-called Powder Highway and conditions can vary.

One hundred per cent slope-side accommodation makes it easy for families to take a quick walk to the high-speed quad lifts at the bottom. Families can choose from studio, one, two, and three bedroom suites with kitchen facilities and fireplaces.

The new PanoPass is included in every lift ticket and provides for unlimited skiing, snowboarding, cross-country skiing, tubing and tobogganing.

The PanoKids ski school has instructors for all ages and levels.

After a hard day on the hill, the hot pools are filled with adults soothing aching muscles and kids enjoying water play outdoors in the middle of the winter. Panorama has the largest slope-side pool collection in Canada.

There are a variety of food options including the Great Hall for basic food fare, while the TBar & Grille menu includes pub staples like chicken wings and nachos during the day, turning into the "party bar" in the evening. The Wildfire Grill has a moderately priced menu perfect for a family night out. The Earl Grey Lodge's restaurant is a gourmet food lovers delight. Or, shop at the General Store for snacks or to prepare your own meals; grab a bottle of wine at the village liquor store as well.

Hearty types who make it up to the Summit at the top of the hill can enjoy chili, bison burgers and more for the hungry midday skier. Be warned to use the outside washroom before taking off your ski outerwear and warming up by the wood fire.

Heli-skiing is offered by Rk Heliski, which has been flying skiers for 44 years to over 120 organized landings, over 1,500 square kilometres. Skiers and boarders are given a hearty breakfast at Choppers Landing prior to beginning their safety training and flight up. Rk also offers a fondue experience which has diners fly to The Summit for a cheese, meat and chocolate fondue meal before either flying back down, or skiing off some of the meal.

Panorama's tag line — "Getting to Panorama is easy. Leaving is the hard part" — weighs true for the many travellers who fly WestJet into Calgary. Arrangements can be made for one of two daily free Panorama shuttles, or rental cars are available at the airport.

Panorama quick facts

- **Average winter temperature.** -5 C
- **Longest run.** Is 5.5 km and is Never, Never Land in the Taynton Bowl
- **Trails.** 120 named trails
- **Average snowfall.** 479 centimetres
- **Ski season.** December until April

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Tick the aurora off your bucket list

A particularly good aurora is greeted like a rock star, according to locals in Yellowknife. GETTY IMAGES

Yellowknife. Tourists around the world flock to Canada's north to witness one of nature's lovely miracles

A van picks up a score or so of tourists from a Yellowknife hotel and heads off into the night, destination wonderment.

"The aurora is one of our dreams," explains Kazna Mori of Japan, who's come to these silent, snowy woods outside of the northern capital in hopes that on this night the northern lights will dance for her.

"It's a dreaming thing," she says. "It's a miracle thing."

She's one of a few dozen visitors this night to Aurora Village, a collection of wood-heated teepees and other facilities about a half-hour's drive into the boreal forest, where the only competition for the aurora borealis comes from the stars and the moon.

For 10 years, the village has welcomed viewers to one of the best borealis-watching sites in the world, favoured by its inland geography and position under the aurora ovals where the celestial lights have their origin far above the earth.

"A good night, you're totally in awe," says Steve Herrett, who's been hosting visitors here for eight years.

"My mouth falls open and my head goes back. It can make you feel so minuscule and tiny, it's so powerful. You feel gifted to experience something like it."

Most of the visitors are from Japan and Taiwan, says Herrett. China is a growing source, with even a few Canadians starting to take an interest in the light show in their own northern backyard.

A particularly good aurora, with vast veils of green and pink furling and rippling across the sky, is greeted like a rock star.

"All the girls start screaming," Herrett says. "They're just so excited. It's almost hysteria."

And yes, sometimes you can hear the aurora.

"I've heard them once," says Herrett. "It sounds like static electricity, a little bit of a crackling sound."

He says some scientists suggest it's not a sound at all, but a resonance the aurora actually produces within the human body.

"It appears in historic records that long ago the explorers and the Inuit people heard them frequently.

"Today it's very rare. We wonder what that's all about."

It's about -20 C this night, mild by the standards of Yellowknife in January. But Aradhna Kaur of Singapore has never worn so many clothes.

"Absolutely not," she says with a laugh, flexing the bulky sleeves of her village-provided parka. "It's odd, but interesting."

Worth it, though.

"It's been on my bucket list for a while," says Kaur, who's here on honeymoon with her husband Onkar Singh.

"It's a sight to see, something that's beautiful."

THE CANADIAN PRESS

Quick facts

- **Did you know?** Lights can be seen at both the North and South pole. They are called aurora australis in the south.
- **What causes the lights?** The beautiful light show is the result of a collision between charged particles from the sun's atmosphere and gaseous particles in the Earth's atmosphere.

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Whistler: For billionaires and backpackers

Ballin' and budgeting. Metro's Loren Christie enjoys one of Canada's top ski destinations in two very different ways

ON THE MOVE
Loren Christie
life@metronews.ca

Hitting the slopes at Whistler can be affordable. TOURISM BC

I recently checked out Whistler Blackcomb, both as a prince and a pauper. What could one day of skiing cost you at Canada's premier ski resort? Well it depends… somewhere between $250 and $10,000.

High roller — From Vancouver International Airport it's a quick shuttle to the Helijet terminal. My five-passenger helicopter ride to Whistler cost $3,590 or $718 per person if you are fortunate enough to have fellow travellers.

Budget conscious — Look for the Pacific Coach Lines shuttle bus just outside the airport's International Departures Area. After $72 and a brief stop in downtown Vancouver, it's a three-hour drive to Whistler Village.

High roller — The opulent yet cozy presidential suite at the Four Seasons Resort & Residences Whistler will set you back at least $3,000 a night.

Budget conscious — Once used to house athletes during the 2010 Winter Games, the Hostelling International hostel at Cheakamus Crossing is an affordable $39 a night. My cheery room came with three bunk mates and a shared bathroom.

High roller — Who better to give me a lesson as I hit the slopes than an Olympian? I spent my day with Britt Janyk, one of several athletes who participate in the Snow School's exclusive Ski With an Olympian program. Cost: $899 plus lift ticket.

Budget conscious — Head to the top of the Whistler Village Gondola for your complimentary tour of the mountain with a mountain host. Offered daily, don't expect a ski lesson, but do expect to get your ski legs by getting oriented around this massive ski resort while hearing some local lore. Lift ticket packages vary in cost, but plan to pay $100.

High roller — Araxi Restaurant & Bar is reputedly Gordon Ramsay's favourite restaurant in Canada. During the Olympics, medalists were invited to come in to this award-winning Whistler favourite for a glass of champagne. My five-course meal included B.C. sablefish and saddle of rabbit. Cost varies, but expect to pay $150 per person.

Budget conscious — When you enter the Whistler visitor centre, head to the back of the circular building and meet Rosie. The owner of Sushi to Go may barely eat sushi herself, but her creations are legendary in the village. A few pieces of sushi and a dynamite roll cost me $12.

Bucket List

WAYNE PRITCHARD

South Africa made affordable

While an African safari may seem like light years from reality, South African Airways has made it more accessible with a package starting at $3,000 that includes flights (from New York or Washington D.C.), four nights at the incredibly cool Protea Hotel Fire & Ice in Cape Town and three nights at remote Shepherd's Tree Game Lodge in Pilanesberg National Park north of Johannesburg. A tour of the Cape Peninsula and a safari tour of the Pilanesberg Game Reserve are also covered. Go to flysaavacations.com. **DOUG WALLACE/METRO**

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Deal

Sweetheart special

Impress your valentine this year with a night or two at the boho-chic Ace Hotel New York by booking through hotel connoisseurs Mr & Mrs Smith. The property won the Smith hotel award for hottest hotel bar last year. Soak up the NoMad neighbourhood vibe for around $200 US plus tax. Head to smithhotels.com/luxury-hotels/ace-hotel-new-york. **DOUG WALLACE/METRO**

Trend

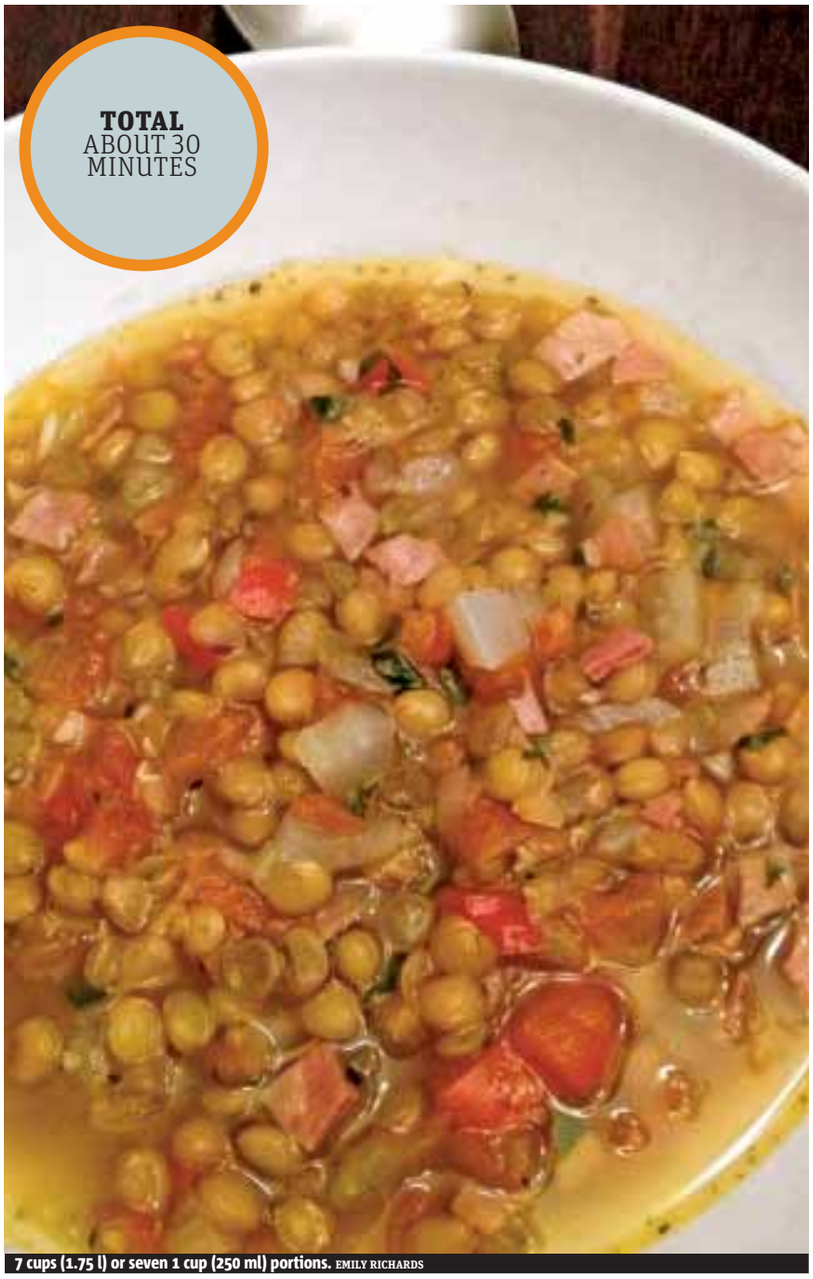
The eco-holiday

The world is your sustainable oyster. Websites and travel agencies like Eco Tour and Holidays for Humanity are gaining travel ground. Aqua Nicaragua Resort, for example, is designed as a tree house to minimize impact on the forest floor. Check out holidaysforhumanity.com and ecotourdirectory.com. **DOUG WALLACE/METRO**

How-to

Breeze through airport security

1. Eliminate pocket fishing by putting everything in your jacket first thing in the morning, including jewelery. 2. Pack your belt in the carry-on, unless it's actually keeping up your pants. 3. Wear loafers so you don't have to deal with shoelaces or boots. 4. Check out NEXUS at cbsa-asfc.gc.ca. **DOUG WALLACE/METRO**



7 cups (1.75 l) or seven 1 cup (250 ml) portions. EMILY RICHARDS

Hearty soup is an ode to Canadian-grown legumes

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your stove to your table in about 30 minutes

Legumes such as lentils are grown in Canada and are a delicious and easy way to add fibre and protein to your dishes.

This soup can easily be doubled for a large crowd or you can use up half and freeze the other half in smaller portions for lunches or dinners later in the month.

1. In a soup pot, heat oil over medium heat and cook onion, celery, garlic and Italian seasoning for about 5 minutes or until softened. Add lentils and stir to coat well.

2. Add broth, water, ham and red pepper; bring to boil. Reduce heat and add tomatoes. Cover and simmer for 30 minutes or until lentils are tender. Stir in parsley.

Biscuits
Make some yummy biscuits to serve up with your soup. This recipe yields about 12 of them.

1. Whisk together flour, granulated sugar, baking powder and salt. Cut in cubed butter until mixture resembles coarse crumbs. Drizzle over milk, stirring with a fork to make a soft, slightly sticky dough.

2. On a lightly floured surface, knead dough gently about 10 times. Pat dough into 1/2 inch (1 cm) thick square. Using floured knife cut into 12 pieces. Place on ungreased baking sheet. Brush tops of biscuits with a bit more milk. Bake in preheated 425 F (220 C) oven for about 12 minutes or until golden.

Ingredients

Soup
- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 1 large stalk celery, diced
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1 cup (250 ml) dried green or brown lentils
- 1 box (900 ml) sodium reduced chicken broth
- 3 cups (750 ml) water
- 4 oz (125 g) thinly sliced black forest ham, finely chopped
- 1 red bell pepper, diced
- 2 tomatoes, seeded and diced
- 2 tbsp (25 ml) chopped fresh Italian parsley

Biscuits
- 2 1/2 cups (625 ml) all-purpose flour
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3/4 cup (175 ml) cubed butter
- 1 cup (250 ml) of milk

Cooking tips

- There are different varieties of sodium-reduced and lower-fat sliced black forest ham options you can use in the soup. But using ham that's been chopped allows for distribution throughout the soup. This is also a great recipe to use up leftover roast ham.
- You can substitute 2 cans (19 oz/540 ml each) lentils, drained and rinsed for the 1 cup (250 ml) of dried lentils and reduce the cooking time to 15 minutes.
- Store your lentils in a resealable glass jar. Not only will it look great, but you will also see them and use them more often.

Give borscht a rounded body

Borscht is woefully underappreciated in North America. This classic dish is not only a great way to eat a ton of vegetables, it also can be incredibly delicious.

But it generally has a bad reputation. People think of it as a cold, stringy and mostly bland soup. While it can be served cold, that's by no means the rule. And as for the stringy and bland part, no way. Borscht can get a stringy or mushy texture only if it's overcooked.

And if you've had a bland borscht, you just haven't had a good one. The key is to start it off right with a nicely sautéed onion and spicy pork sausage. They add tons of flavour and a great hit of protein that makes this a substantial soup that can stand in as full meal.

Dill and fennel seeds also amp the flavour. Round it out with fresh dill and sour cream, and you'll learn to love borscht.

1. In a large saucepan over medium-high, heat the oil. Add the onion and cook until just starting to brown, 3 to 5 minutes. Add the sausage and cook, breaking it up, until lightly browned, 3 to 5 minutes. Add the fennel and dill seeds and cook for another 30 seconds. Add the stock and bring to a simmer.

2. While the stock heats, fit a food processor with the large grating attachment. Grate the beets. Add the beets and any liquid in the processor to the pan. Bring to a simmer and cook for 5 minutes. Season with salt and pepper. Ladle into bowls and serve topped with sour cream and dill.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 large red onion, thinly sliced
- 1 lb loose spicy pork sausage meat
- 1 tsp fennel seeds
- 1/2 tsp dill seeds
- 1 quart beef stock
- Three 15-oz cans beets, drained
- Salt and ground black pepper
- Chopped fresh dill, to serve
- Sour cream, to serve

This recipe makes six servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Balance ‘what can I get for you’ with ‘when’s that paper due?’

Cash between classes. There are many advantages to working while you’re in school. Find a good employee-student balance and make the most of that extra income

RIANA TOPAN
TalentEgg.ca

Let your manager know that while you’re dedicated to your side job, your education invariably comes first. ISTOCK

Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs.

However, it can be challenging to juggle a job on top of an already-busy student schedule.

Here are some suggestions for how to balance a job along with your studies.

Stay organized

Planning out your schedule is the most important step to ensuring that you stay on top of your schoolwork and your job. Use a calendar that’s connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times and deadlines, shifts at work, time for studying, errands and exercise, social activities and any other commitments you have.

Seeing your schedule laid out like this will help you to manage your time well and plan in advance to make sure you don’t let anything fall off your radar.

Be proactive about deadlines

Try setting “fake” due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date.

Following this method, you’ll always have a buffer period if you fall behind or you can use that time to review your notes again or proof-read your assignment one last time.

You should also start working on projects as soon as you get them. Not only will it help you to get a good sense of how much time you need to set aside to complete the assignment, it will also eliminate the anxiety that comes with a looming deadline for something you haven’t started yet.

Give a little, get a little

Offer to work a little extra during peak times — employers will be more respectful of your schedule if you are respectful of theirs.

Be honest with your employer

Make it clear that your job is important to you but that your studies ultimately have to come first.

Your boss should already expect this and he or she will probably appreciate your dedication to your education.

Of course you’ll still need to make sure you’re still making your job a priority, however you can make things a little bit easier on yourself by arranging your working schedule around exams or assignments well in advance.

You should also be upfront with your employer about how many hours you are able to work each week without jeopardizing your schoolwork.

Offer to work a little extra during peak times. Employers will be more respectful of your schedule if you are respectful of theirs.

Treat your job like you treat school

Take your job seriously. Even though it’s secondary to your education, you still need to give it your best effort.

Work hard to learn the job and perform well. Work will be less stressful, your employer will be more willing to give you a good reference when all is said and done and you’ll be able to take pride in your work.

Work hard, study hard

Treat your schoolwork like you treat your job:

- One of the hardest things about balancing course work as a student is time management, because there’s no one watching over to make sure you don’t procrastinate.
- When you’re studying, act like you’re at work: every minute counts, so make sure you’re using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

But don’t let yourself burn out

Be honest with yourself about what you can realistically handle. Not everyone can manage working while in school and taking on too much could mean you end up neglecting your studies. To prevent this from happening, make sure you give yourself a break every now and again. It’s important for your physical, emotional and mental health.

It’s expected that you’ll have to forego some social activities but that doesn’t mean you have to deprive yourself of all kinds of fun.

Take a night off occasionally to see friends and maintain relationships with the people you care about. And schedule in some personal time every once in a while too, to give yourself a chance to catch your breath, check in with yourself and make sure your stress levels are manageable.

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RED RIVER COLLEGE

Where in the world is your career going to take you?

An office on the move. Of business meetings in Belgium and conferences in Cairo

TANIA DESA
TalentEgg.ca

You have a dream of working with a team of people from different cultures and backgrounds.

You want to jump on the red eye to have meetings in Paris, New York and Tokyo.

Essentially, you want to find a dream job in an exciting foreign city.

Great, so where do you start?

It all starts with a dream ... and a ton of research.

The dreaming phase

In order to get to where you're going, you have to know your destination. Crafting a vivid picture of where you want to be working and how you want to be living will give you a stronger sense of direction, inspire momentum and ignite action.

Write down your answers to the following five questions:

- What intrigues me most about living and working abroad? List experiences and places that immediately come to mind.
- How could the experience enhance my skills and marketability?
- What types of people do I love to be around? In which industries can I find these people?
- What type of work do I get energized about? In what roles would I find this work?
- After work, what do I want to do to have fun and relax?

If you love attending concerts, the theatre and enjoying a trendy arts scene, then a small town in Alaska may not be an ideal choice.

If you are passionate about hiking, skiing and outdoor adventures, perhaps Zurich or Vancouver are top of the list.

Look back on your answers. You have documented goals, industries, roles and countries or cities that spark your interest. What trends do you notice?

You may gravitate towards Asia to learn more about doing business in emerging markets. You may notice your passion for improving your Spanish draws you closer to South America. Perhaps your entrepreneurial and tech start-up curiosity leads you to Israel.

Observe the trends in your thoughts and desires, then leap into the next phase.

Industry trends

- If you are committed to working in a particular industry or field of work, read global reports indicating geographical trends.
- Does the WTO say that China is investing in solar energy at twice the rate of European countries? If so, there will be a flood of fascinating projects and opportunities to dig into. Read industry news to gain important insights into your field of interest. Think globally in any field of work.

The research phase

You can literally spend hours, days, even months learning all details of your perfect destination, but there is no such thing as the perfect city.

There are pros and cons to any location and a fulfilling international assignment is based on matching your objectives with a destination that can help you meet them. In order to discover a good match, there are a few things you should consider researching.

Work visas and permits
You can easily shortlist your dream destination list by learning where Canada has bilateral youth mobility agreements for Canadians age 18-35 years old. These agreements lower the barriers to entry and can potentially get you to your destination faster.

Allow yourself time to process the paperwork — it's the less sexy part of working abroad, but it's a vital step. This will also prompt you to consider the length of time of your international assignment. Don't be discouraged if your dream destination doesn't appear in the list, it simply means you might have to explore alternative options like approaching companies to sponsor your work visa.

Cost of living and your budget
Think about your budget. Determine your monthly budget by listing expenses you expect to incur, then compare the costs in your new dream destination.

Local language
Look into the local language of your dream destination. Don't be surprised to land and learn that Catalan is the local language of Barcelona — look it up first! Be open to exploring cities with interesting foreign languages. Remember, the world is getting smaller and the language skills on your resumé could prove to be a competitive advantage.

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Don't forget to grab your passport along with your paperwork. ISTOCK

#QuestionoftheDay

@TalentEgg: What's the most important skill you use in your day?

@IbukunOL
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@saraherodrigues
Keeping an open mind! #QuestionOfTheDay

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Critical thinking

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@MonMc:
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@laura_riina:
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@Recruit_Campus:
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@MarinighPR:
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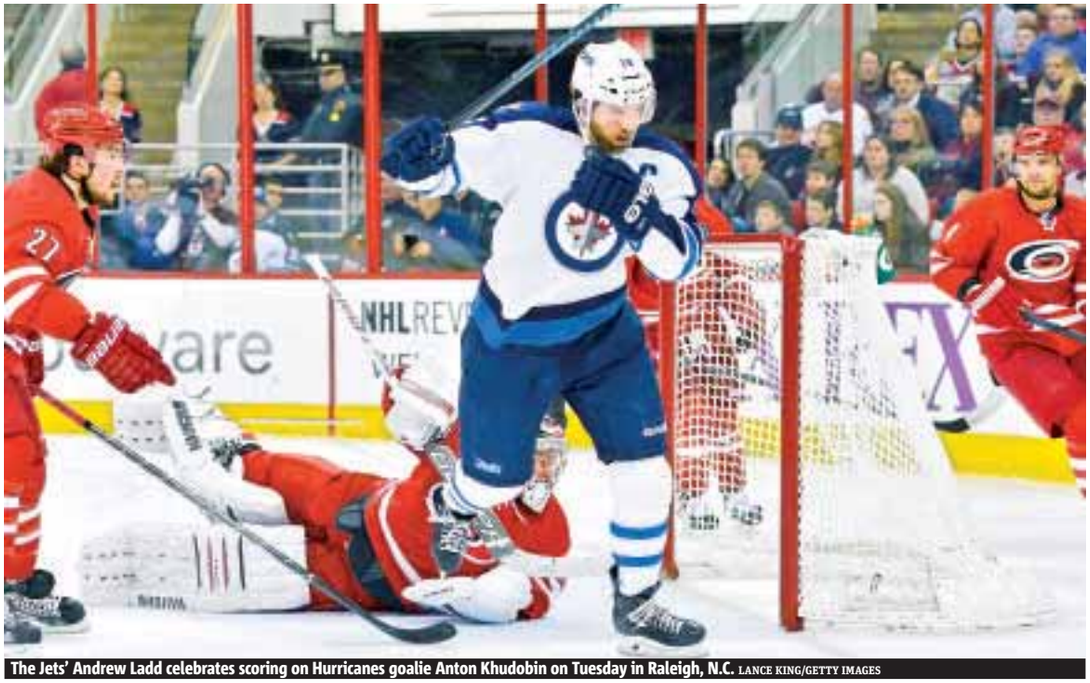


The Jets' Andrew Ladd celebrates scoring on Hurricanes goalie Anton Khudobin on Tuesday in Raleigh, N.C. LANCE KING/GETTY IMAGES

Jets soar smoothly through Hurricanes

NHL. Thorburn scores game-winning goal late in third period

Chris Thorburn scored the tiebreaking goal with 1:03 remaining to lift the Winnipeg Jets to a 2-1 win over the Carolina Hurricanes on Tuesday night.

Andrew Ladd also scored for the Jets, who are 9-2-0 since Paul Maurice took over as coach on Jan. 12. Maurice coached 920 games for the Hurricanes franchise during two stints with the team.

Ondrej Pavelec made 28 saves for the Jets.

Winnipeg took the lead when Jacob Trouba circled around the net and sent the puck across the crease to Thorburn, who knocked it past goalie Anton Khudobin.

Riley Nash scored for Carolina, and Khudobin made 25 saves.

The Hurricanes went 10-4-0 in January and had won five of six, but their offence sputtered in this tight-checking game.

Winnipeg opened the scoring 12:57 into the second period when Michael Frolik skated past Carolina defenceman Justin Faulk on a rush down the left wing. Khudobin stopped Frolik's shot, but Ladd batted the rebound into the net.

Ladd, who has seven points in his last six games, was a member of the Hurricanes when they won the Stanley Cup in 2006.

Carolina tied the score at 1 early in the third period. After the Hurricanes skated into the zone, Drayson Bowman tried to control the puck in the slot. Bowman couldn't get his stick on it, but the puck came to Nash, who snapped it past Pavelec. THE ASSOCIATED PRESS

On Tuesday

Jets	Hurricanes
2	1

Accommodations

Small beds, rooms for big NHL stars

It's not a Motel 6, but it's a far cry from the Ritz-Carltons and other luxury hotels Sidney Crosby and his teammates are accustomed to.

The men's hockey team will have stunning views of the Black Sea, but their accommodations at the Olympic village in Sochi are basic — two or three players to a room, sleeping on twin beds and sharing a bathroom.

There is no special treatment for these NHL superstars. When they arrive next week, they'll bunk in the dorm-style rooms, just like the rest of the Canadian athletes.

"I don't see any reason why anyone should get any special treatment," said women's hockey player Gillian Apps. "The rooms are great and very accommodating."

THE CANADIAN PRESS

NHL

More games slated for TV

Clear your schedule, sports fans: There's about to be a lot more hockey on television.

Nearly 500 regular-season games will air in Canada as part of the blockbuster 12-year agreement between Rogers Communications and the NHL.

That's a jump of more than 400 per cent from the number of games shown during the regular season on CBC, which currently holds the broadcast rights.

THE CANADIAN PRESS

Burris lets pass sail on Redblacks opening

Henry Burris laughs at a news conference in Ottawa on Tuesday after inking a three-year deal with the Redblacks. MIKE CARROCCETTO/THE CANADIAN PRESS

Henry Burris couldn't pass up the chance to help build a franchise from the ground up.

The veteran quarterback signed a three-year contract with the expansion Ottawa Redblacks on Tuesday, just six days after getting released by the Hamilton Tiger-Cats.

"The opportunity to be a part of something fresh and new was something that my family and I just couldn't turn down," Burris said after being introduced to the media. "We had to be a part of this. This is an opportunity of a lifetime to leave your fingerprints, your footprint on a growing organization that will be around for years and years to come.

"To know that we were a part of what started this, that's a great way as far as your legacy to leave a print."

The move ends a whirlwind week for Burris, who was released by the Tiger-Cats after the club signed Zach Collaros to be their starting quarterback.

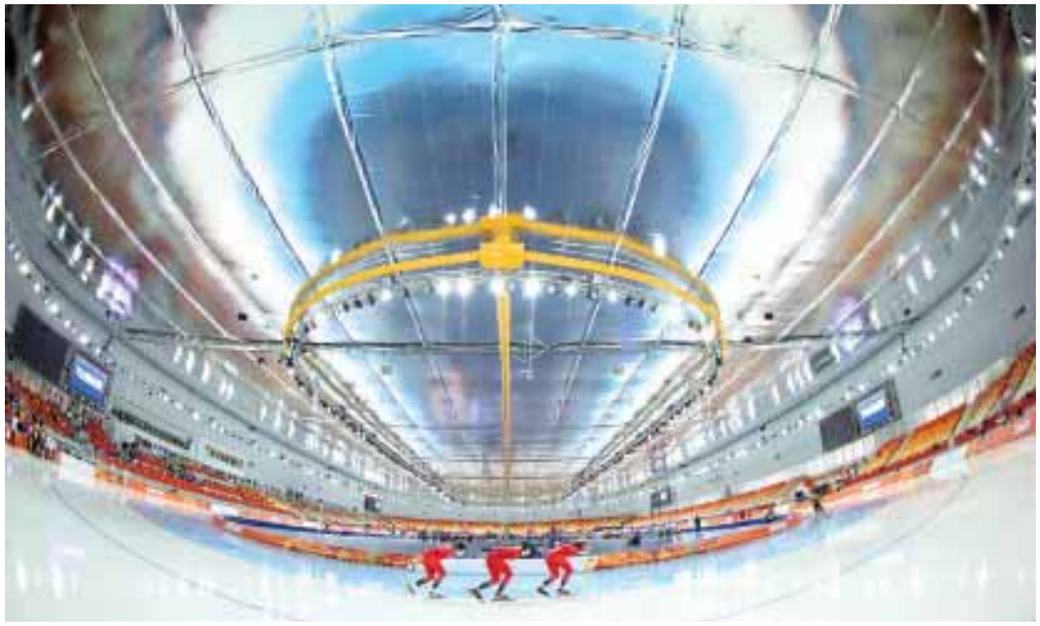
The 38-year-old, who led Hamilton to last season's Grey Cup game, was tops in the league with 4,925 passing yards in 2013 to go along with 24 touchdowns and 19 interceptions.

In 15 CFL seasons, he ranks fourth all-time in regular-season passing yards (51,529), touchdown passes (324) and completions (3,672).

THE CANADIAN PRESS

Ahead of schedule

The CFL announced Tuesday that free agency will begin on Feb. 11 instead of Feb. 15.



Norwegians cruise lines on Olympic oval

Members of the Norwegian speedskating team round the track at Adler Arena Skating Centre ahead of the Winter Olympics on Tuesday in Sochi, Russia. The men's 5,000 metres will kick off speedskating events on Saturday. PAUL CHIASSON/THE CANADIAN PRESS

Early bird gets the ice on foreign soil

Figure skating. Patrick Chan arrived in Sochi last week so he could work out kinks

On Patrick Chan's first full day in Sochi, he misjudged the length of the walk from his room to the gym, and the length of the bus ride to the rink.

The three-time world champion ended up missing his first practice.

But the 23-year-old from Toronto — and self-professed creature of habit — arrived in Sochi several days ahead of the other skaters to iron out the kinks early, and the decision, he said, paid off.

"It's been quite an adventure," Chan said at a news conference Tuesday. "That was the reason I came early, so that I could get in that routine and make this here in Sochi a training environment for me, so it will be easy for me to start competing and feel at ease and calm on the ice.

"Having those days where I missed the practice, that's where I really learned about time management."

Patrick Chan speaks with his coach Kathy Johnson during a figure skating practice session on Monday in Sochi, Russia. MARK BAKER/THE ASSOCIATED PRESS

His early arrival last Friday also meant he had the ice all to himself for the first couple of days, a "huge advantage" for the skater who hopes to claim Canada's first ever Olympic gold medal in men's singles.

"In my whole career I haven't had a practice on my own in all the Grand Prixs I've been to," Chan said. "Who would imagine at the Olympics I'd have ice on my own? It was a huge help because at the end of the day when I compete I'm on my own, I'm on the ice on my own; there's nobody else on the ice.

"I really enjoyed it, also the fact I could play my music as many times as I wanted."

Chan has been the skater to beat since winning three consecutive world titles. At the Trophee Bompard Grand Prix in November, he ran away with gold, smashing the world records in the short and long program and for overall score to finish a whopping 31 points ahead of second-place Yuzuru Hanyu.

THE CANADIAN PRESS

Did you know?

The IOC has added a team competition in 2014 to the familiar medal events of men's and women's singles, pairs and ice dance. Ten countries will take part, combining the scores of their entries in the four disciplines.

West's best

7/10

Russian or Soviet skaters have won seven of the 10 gold medals in the ice dance, but London, Ont., duo Tessa Virtue and Scott Moir will be on hand to defend their titles.

Team Canada antsy to start title defence

Three days after arriving in Sochi, Canada's women's hockey players couldn't wait to get on the ice for their first pre-Olympic practice.

"Everyone was getting pretty antsy," defenceman Catherine Ward said. "We wanted to get out there. We were sitting by the boards waiting to finally step on."

It finally happened Tuesday as Canada spent about an hour shaking off the effects from their journey to Russia and the rust that had built up from a few days off. Even though goaltender Shannon Szabados said this was the longest the team had gone not practising since August, coach Kevin Dineen considered it a smart decision to wait.

"There was (a) little itch by us as a staff to get the team on the ice, but at the end of it, we felt that it was time well spent off the ice getting acclimated to the area," Dineen said. "It was a good Day 1 for us on the ice."

If past history is any indication, there will be a lot of good days in the next few weeks for Canada, which has consistently been favoured in these tournaments. Barring something unexpected, the United States is the only real competition, and even some of Canada's recent exhibition struggles against the U.S. hasn't lowered the expectation.

"We expect from ourself to win," captain Caroline Oullette said. "It's no different than any other years and every other Olympics. That's what every athlete that is here wants and that's why we're here."

Szabados said it was the same level of pressure as Vancouver four years ago because "as a hockey player playing for Canada, I think your country expects gold just based on the history of Canadian hockey, as they should."

But there are some more difficult circumstances this time, most notably switching coaches from Dan Church to Dineen two months before the start of the Olympics. Oullette doesn't consider that a major disadvantage because Canada, which is looking for a fourth straight gold medal, kept the same system through the transition.

THE CANADIAN PRESS

Did you know?

In order to boost competition in a sport that has been dominated by Canada and the United States, the women's hockey format was changed this year. The round-robin features a guaranteed grudge match between the North Americans, and a chance for them to earn a bye through to the semifinals.

Phenomenal Finn

41-0

Finland goalie Noora Raty was 41-0 at the University of Minnesota, leading her team to a second straight college championship.

Team Canada's Hayley Wickenheiser walks to the practice rink with co-coach Danielle Goyette on Tuesday in Sochi, Russia. ADRIAN WYLD/THE CANADIAN PRESS

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Audi A3 is an affordable luxury

PHOTOS: WHEELBASEMEDIA.COM

Review. Times have changed: your budget no longer determines your brand

MALCOLM GUNN
wheelbasemedia.com

Audi is fueling the small-sedan craze with the next-generation A3 and the timing couldn't be better.

Big-luxury-car buyers, it seems, are finally discovering what many people have known for years: that driving small sedans can be lots of fun, especially when they come with plenty of amenities and are more cost- and fuel-efficient.

Catering to this emerging segment are Germany's primary builders of upscale rides. Mercedes-Benz recently jumped into the luxury-compact pool with the 2014 CLA 250 sedan. The BMW 1-series (soon to be the 2-series) is in the mix, but until the forthcoming four-door 2-series Grand Coupe arrives in a couple of years you'll have to settle for the two-door version.

The A3 brand has been available in North America since the 2006 model year, but only as a wagon. This spring, however, Audi will sell a brand new A3 sedan, followed by cabriolets (convertibles) and better-performing S3 models. Also in the pipeline is the A3 e-tron electric plug-in hatchback hybrid that is expected to arrive in about a year.

Along with a different body, the A3 has been given a new platform that pushes the front wheels forward by about four centimetres when compared to the previous wagon. That helps out in the passenger-space department, as does a nearly-five-centimetre gain between the front and rear wheels. Overall, the A3 is more than 15 centimetres longer (and slightly wider) than its predecessor.

Initially, the A3's powertrains will consist of a turbocharged 170-horsepower, 1.8-litre four-cylinder, with a turbocharged 220-horsepower 2.0-litre four-cylinder on the option sheet. By the end of the year, a 150-horsepower, 2.0-litre, turbo-diesel will be added as well as a more powerful version of the 2.0 gas engine for the S3 that generates about 290 horsepower.

The standard six-speed automated-manual transmission delivers fast shifts, while Quattro all-wheel-drive is offered with the 2.0 gas engine.

An integral part of the A3's drivetrains is Audi's drive select system with four distinct settings ranging from normal to sporty for the transmission shift points, throttle sharpness and power-steering effort and feel.

In addition, the standard stability control (which prevents skids and spins) features an electronic differential lock that, during cornering, applies moderate braking to the inside front wheel to reduce the natural tendency to travel in a straight line even when the wheel is turned, called understeer.

For $33,100 (which is about $3,000 less than the Mercedes-Benz CLA 250), the A3 comes reasonably equipped with leather seat covers, a panoramic glass sunroof, bright xenon headlights and Bluetooth short-range wireless networking. Of course Audi will tempt you with an array of options such as a navigation system with unique three-dimensional graphics, LED headlights and a Bang & Olufsen sound package that's usually found in models costing more than twice that of the A3.

The A3's most appealing quality, however, might be its ability to mimic its larger stablemates in looks and features while maintaining an attractive entry price. Even lavishly equipped, the A3 could easily be had in the low-$40,000 range, which is the upper threshold for more mainstream sedans that lack the cachet or the performance prowess of this modestly sized Audi.

2015 Audi A3

- **Type.** Four-door, front- /all-wheel-drive compact sedan
- **Engines (hp)** 1.8-litre DOHC I4, turbo (170); 2.0-litre DOHC I4, turbo (220)
- **Transmissions.** Six-speed automated manual
- **Base price (incl. destination).** $33,100

Design

The A3 sedan pretty much sticks to the A4 and A6 styling script with a long hood and short rear deck plus sharp sheet-metal creases in between to keep things interesting. It's the kind of design that never seems to go out of fashion.

Interior

Inside, the car displays Audi's usual attention to detail. The standard pop-up seven-inch-diagonal control panel/navigation/infotainment display screen does seem out of place, but most reputable automakers are installing them along with twist-and-turn console-mounted controller dials to reduce dashboard button clutter.

Compare

1 Acura ILX
Base price: $30,000

2 Cadillac ATS
Base price: $37,000

DRIVE

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

Advertised ice track delivers on slippery promise

Quebec's Mecaglisse. The track north of Montreal is open all year but if you want a fun, frozen challenge now is the time to go

AUTO PILOT
Mike Goetz
drive@metronews.ca

Ice skates are expressly designed for travelling on ice. Passenger cars are not. They prefer pavement. So naturally there are people who like to take advantage of the vehicle's inherent inadequacies on ice and make sport of it.

These people are not as mean as they sound, they just get a kick out of how fun and educational it is to explore the boundaries and techniques of car control. And when compared to pavement, ice affords that opportunity at a relatively lower speed, cost and risk.

"Learning the techniques to get control of a car going sideways on ice … that's so much fun," says Franck Kirchhoff. "More fun than driving on a road course at 200 km/h."

He should know, he's done both, and both on the same track. The track is part of Mecaglisse Motorsport Complex located in Quebec's Laurentian area north of Montreal. Along with his father, Kirchhoff owns and runs the operation, which features more than 15 km of tracks of various descriptions and surfaces. In the non-winter months the facility is used for rally driving schools, defensive driving schools, motorcycle racing, club and corporate events, and public lapping days.

Same thing in the winter. Except for the motorcycle racing, and except for the fact that all of the activities are now done on snow and ice. The winter set-up includes one 2.5-km ice track, and one 2.5-km snow track. If the weather permits, they run this set up from the first week of January to the first week of March.

Nothing complicated about making an ice track over a paved track. Kirchhoff says the three-man crew first packs the snow down. After it is really hard and compacted, they just add water, via trucks carrying water tanks.

"We spray a lot of water," he says one more time, to make sure I understand the tricky, technical concept. How thick is the ice? Kirchhoff uses his hands to signify about a nine-inch layer.

I'm here at Mecaglisse as part of a Nissan press program, designed to showcase the virtues of the brand's snow-ready AWD and traction and safety control systems. They work as advertised, and, also as advertised, the ice track is very slippery. Even with our studded tires and AWD, anytime you wanted to get hairy you could. Not that the Nissan instructors riding shotgun wanted us journalists to get too hairy. I didn't either — nobody wants to be first to put a crease in a brand new Nissan belonging to someone else.

I suppose most of us were going about 40-60 km/h on the more open sections of the track, and a lot slower on the tighter ones. Next week Porsche will come to Mecaglisse for its customer-focused Camp4 Driving Experience program. He figures when the Carrera 4S is deployed for hot laps it will be probably get up to 120 km/hr or so down the straight and doing so sideways.

Finally, I ask Kirchhoff if the facility has special equipment for pulling vehicles and their drivers out of the snow banks, when things don't go entirely as planned out there on the ice track? "Yes," he says, "We have big tractors."

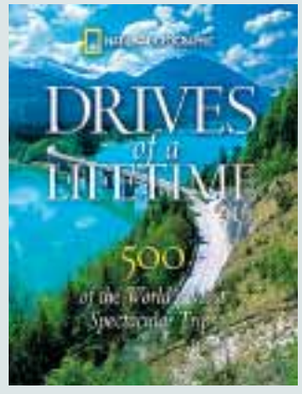
Testing out Nissan's new snow-ready AWD and traction and safety control systems on Quebec's Mecaglisse ice track NISSAN CANADA

Parts dept.

WHEELBASE MEDIA

Get out and drive

If you have your own bucket list of places to see and routes to follow, the book Drives of a Lifetime, 500 of the World's Most Spectacular Trips, will be of particular interest. Written by the editors of National Geographic magazine, this 320-page coffee-table-style tome includes descriptions of spectacular roadways from all over the globe, as well as hundreds of accompanying maps and full-colour photos of the scenery you can expect on each journey. Some of the described routes include Alaska's Denali highway, the E4 highway in Norway that leads to the Arctic Circle, Argentina's 5,000-kilometre Ruta 40 and the N9 road in Morocco that leads from Marrakech into the heart of the spectacular Atlas mountains. Drives of a Lifetime is available for $40 US at shop.nationalgeographic.com.



The art of the kart

Think of a TrophyKart buggy as a scaled-down and less powerful version of the vehicles that compete in the Baja 1000, or similar off-road desert races. Of course that makes a TrophyKart much more affordable to own. The vehicle is built for kid- or adult-sized drivers. Trophy Kart's latest model is the 450RS that includes a water-cooled 450 cc all-terrain-vehicle (ATV) engine rated at 52 horsepower. That doesn't sound like much, but the company states the 450RS will top out at about 145 kilometres per hour. A 450RS lists for $17,250 US, but the company also has a kid-sized RS200 model with a smaller engine available for $10,560 US. Ordering and authorized dealer information can be found at trophykart.com.

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Responsible rubber: Tires with a brain

Driving Force. In newer vehicles your wheels will warn you if they're low or becoming flat

JIL MCINTOSH
Drive@metronews.ca

If you have a newer vehicle, chances are good it has a tire pressure monitoring system (TPMS). These systems continually check your tires and warn if the air in them falls below the correct pressure.

"Properly inflated tires make a vehicle handle better, and you need to be warned if you have rapid deflation," says Hugh Charvat, president and CEO of Schrader International, which makes TPMS systems. "It gives you the warning even before you feel it through the steering wheel."

Almost all TPMS systems used today are direct systems, meaning there's a pressure sensor inside the tire. Most sensors are part of the valve stem, but a few use a sensor strapped to the wheel inside the tire. A small number of automakers use indirect systems, which use the anti-lock brake sensors to check the speed of each wheel and determine if one is turning more slowly, indicating a low tire.

The systems are set to the proper pressure for the car, and warn if a tire drops 25 per cent or more below it.

If your tire warning comes on when it's really cold, but goes off after you've been driving for a while, it could be that one of your tires is very close to the warning threshold.

"Temperature has an impact on pressure, because gas expands and contracts," Charvat says. "The TPMS (warning) will come on, but when the tires warm up, the light will go off because the pressure inside the tire will increase. It's telling you to check the tires."

This could be because you have a leak in one tire, or that you haven't checked your tire pressure in a while. Tires are permeable, meaning that air molecules will gradually pass through them, and it could be that you've finally lost enough to set off the warning.

If you change to winter tires each season, but don't have pressure sensors in your winter wheels, your TPMS system won't work. "It's a smart investment to buy four additional sensors to maintain the integrity of the system and keep it functioning," Charvat says. "If you have a slow or rapid leak, you're putting yourself at risk because you've intentionally disabled a safety system."

The sensors contain batteries, and after about 10 years, they'll probably need replacing. A blinking TPMS warning light could indicate either a dead sensor battery or a malfunctioning sensor, and should be checked as soon as possible.

And even though you have a warning system, you should still check your tire pressure each month. A tire could be low enough that it's affecting your fuel economy, even though it's not down to the warning stage.

To note

- **Mandatory.** Tire pressure monitoring systems are mandatory on all new cars sold in the United States. They're not required in Canada, but most new cars have them.
- **Signs.** Depending on the vehicle, you may have a warning light that indicates one of the tires is low, or a display that shows the specific tire pressure.
- **Advice.** The proper air pressure for your tires is on a sticker inside your driver's door jamb, the glovebox door, or the fuel filler door.

A warning light on your dash will tell you when your tire pressure is low.

Tire pressure sensors fit inside the tire to monitor pressure. BOTH IMAGES CONTRIBUTED

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The Offer applies to the first four bi-weekly payments for customers paying on a bi-weekly basis and the sum of 17 monthly payments divided by 26 and multiplied by 4 for customers paying on a monthly basis ("First 4 Bi-Weekly Payments"). Maximum amounts are $500 on 2013/2014 Focus S and Fiesta S; $750 on 2013/2014 Focus (excluding S), Fiesta (excluding S) and 2014 C-MAX; $1,000 on 2013/2014 Fusion, 2014 Mustang (excluding Shelby GT500), Escape; $1,250 on 2013/2014 Taurus, Edge; 2014 F-150 Regular Cab, Super Cab, and Super Crew; $1,500 on 2013/2014 Flex, 2014 Explorer; $1,750 on 2014 Expedition; All Mustang Shelby GT500, Transit Connect E-Series, F-150 Raptor, Super Duty, Medium Truck, Chassis, Stripped Cab and cutaway models excluded. Offer only available on approved credit (O.A.C.) from Ford Credit. If the equivalent of the First 4 Bi-Weekly Payments exceeds the maximum amount, the customer will be responsible for the balance. 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Not combinable with CFIP, EPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowance incentives. ‡ Until January 31, 2014, receive $500/ $1,000/ $1,500/ $2,000 / $2,250/ $2,500/ $3,000/ $3,250/ $4,000/ $4,500/ $5,500/ $5,750/ $6,500/ $6,750/ $8,500/ $9,000/ $10,000/ $10,500 in Manufacturer Rebates with the purchase or lease of a new 2014 (Escape (excluding Z DL)) / 2013 (Focus (excluding BEV), Fiesta), 2014 (Focus BEV, Escape Z DL, E-Series) / 2013 (Escape S, E-Series), 2014 (Mustang V6 Coupe, Taurus (excluding SE)) / 2013 (Edge AWD (excluding SE), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-550 Chassis Cabs), 2014 (Edge, Transit Connect (excluding Electric), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-550 Chassis Cabs) / 2013 (Taurus SE)/ 2013 (Mustang V6 Coupe)/ 2013 (Edge FWD (excluding SE), Explorer Base), 2014 (Mustang V6 Premium) / 2013 (E-4WAV) / 2013 (Taurus (excluding SE), Escape LXL, Transit Connect (excluding Electric)), 2014 (Mustang GT)/ 2013 (Mustang V6 Premium, Escape Z DL, Explorer (excluding Base)) / 2013 (Mustang GT) / 2014 (F-150 Regular Cab (excluding XL 4x2)) / 2013 (Expedition), 2014 (F-250 to F-450 (excluding Chassis Cabs) - Gas Engine), 2014 (F-150 Super Cab and Super Crew)/ 2011 (F-150 to F-450 (excluding Chassis Cabs) - Gas Engine), 2014 (F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine) / 2013 (F-150 Regular Cab (excluding XL 4x2)) / 2013 (Focus BEV, F-150 Super Cab and Super Crew)/ 2013 (F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine) - all Raptor, GT500, BOSS 302, and Medium Truck models excluded. ^ Until February 28, 2014 purchase a new 2013 Ford (F-150 Super Cab XLT 4x4 5.0L/ F-150 Super Crew XLT 4x4 5.0L) for [$25,999/$28,499] (after total Manufacturer Rebate of [$10,000] deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers exclude freight and air tax ($1,750) license, fuel fill charge, insurance, dealer PDI, registration. PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^^ Estimated fuel consumption ratings for the 2013 (F-150 4X4 5.0L V8 6-Speed Auto). Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ** Offer only valid from February 1, 2014 to February 28, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before January 31, 2014 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, and Medium Truck) vehicle (each an "Eligible Vehicle"). 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Paul Walker lived fast and gave generously

Autoknow. Was there ever an actor who was synonymous with pop car culture on such a large scale? It's doubtful there will be another.

TODD D. BURLAGE
wheelbasemedia.com

Walker (centre left) played Brian O'Connor in the very popular Fast and Furious movies. BOTH PHOTOS WHEELBASE

Perhaps we've all been in over our heads at one time or another. The thing is that most of us live to tell about it. Most of us.

Sometimes all hell breaks loose. The car crashes at more than 150 kilometres per hour. Lives shatter.

Driver Roger Rodas and Paul Walker died Nov. 30 on what was shaping up to be just another cruise on a sunny California day.

Walker, 40, the passenger in a red 2005 Porsche Carrera GT, and Rodas, his friend and business partner, had departed from a charity event. Minutes later both men were dead in a single-vehicle crash.

How it happened and who was to blame all seems irrelevant when it doesn't change the outcome. Rodas, 38, an accomplished racing driver, left behind a wife and two children.

And Paul Walker, best known as the hero of the Fast and Furious movie franchise, is survived by his 15-year-old daughter, two sisters and two brothers.

It was a shock to fans and a tragic ending to what had been a fast life that was often built around four wheels.

Born, in Glendale, Calif., Walker, who began modeling as a child before hitting the big-time on the big screen, was a chart-topper and a heart-stopper for plenty of women across decades.

Along with increasingly significant acting gigs (Pleasantville, 1998 and Varsity Blues, 1999, for example), Walker as a youth was supported by a meaningful family structure. He attended a Christian high school in San Fernando Valley, where everyone knows everyone else and friendships are forever.

Following graduation he formally pursued his passion for studying marine life.

He also loved cars. Walker-family DNA apparently includes a gene for gearhead. Both his grandfather, who raced factory cars for Ford, and his father planted seeds that Walker cultivated into obsession. And that was before The Fast and the Furious (2001) movie character of Brian O'Connor.

Quoted

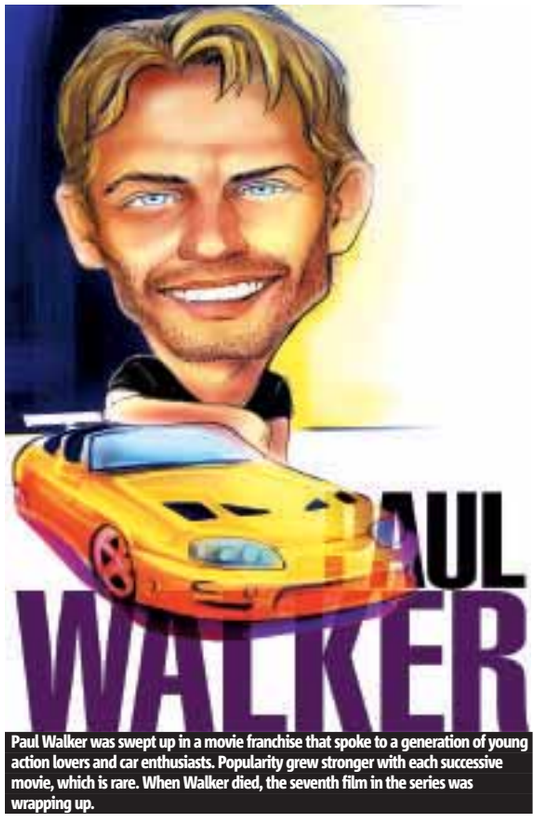
Walker was widely known for his philanthropy and humanitarian pursuits, including having founded his own relief organization.

The film's makers said Walker, then only 28, was like a modern-day Steve McQueen. Sparkling blue eyes, 6' 2, and a man who could go from a flashy smile to a stern deadpan look at the drop of a hat.

Fans took notice and Walker caught a break: the original Fast movie wasn't supposed to be a blockbuster, but suddenly he was a superstar who was branching out and doing other projects such as the sled-dog movie Eight Below (2006). At the time of his death, filming of the seventh Fast and Furious movie was wrapping up.

Franchise, fame and fortune were his.

He pretended not to notice. In interviews and public statements he eschewed the Hollywood party scene, like its ubiquitous seduction had no hold on him. He was his own man.



Paul Walker was swept up in a movie franchise that spoke to a generation of young action lovers and car enthusiasts. Popularity grew stronger with each successive movie, which is rare. When Walker died, the seventh film in the series was wrapping up.

He loved other things, such as marine biology. He starred in a National Geographic Film called Shark Men in 2010. He also held a brown belt in Jiu-Jitsu.

However, he was best known, publicly, for his movie roles that portrayed speed, and a big part of his personal life was centered on it, including a healthy collection of cars. He also competed in racing events.

Quoted

He was his own man. He loved other things, such as marine biology. He starred in a National Geographic film called Shark Men in 2010. He also held a brown belt in jiu-jitsu.

But the fast lane isn't the safest place to travel and sometimes it can bite.

Rodas was Walker's financial advisor, a former racer and ran a performance shop that Walker owned.

On that fateful day, it likely didn't help that the $500,000, 600-horsepower Porsche that Rodas, a former racer, was driving was a supercar capable of more than 300 km/h. Reports cleared the Carrera GT of any mechanical issues, but Rodas was driving in a San Fernando Valley suburb at more than 160 km/h when the crash occurred.

Merely along for the ride that day, Walker made no effort to hide his addiction to speed. The kinds of cars he owned, the number of them, and the interviews in which he openly disclosed his acceptance of risk, all point to the late actor's yin and yang.

Speed was in his blood, but on the other hand, even before there was a need to memorialize him, friends and colleagues characterized Walker as generous, humble and compassionate. Plenty of evidence supports their claims.

Walker was widely known for his philanthropy and humanitarian pursuits, including having founded his own relief organization.

He personally volunteered in Haiti, Chile, and the Philippines, as well as many domestic locations devastated by natural disasters.

A few years ago, he anonymously purchased an engagement ring on behalf of an active duty marine and his girlfriend, both strangers to Walker, after overhearing of their financial difficulties.

And of course he had just attended an event for his charity, Reach Out Worldwide for victims of Typhoon Haiyan, when he and Rodas headed out in the Porsche.

Walker was young, and talented, and loved. That's for certain. Celebrities scintillate, we titillate, but we're all only human. In August, Walker quoted novelist-philosopher Ayn Rand when he tweeted, "The question isn't who is going to let me. It's, who is going to stop me?"

Horoscopes

♈ Aries
March 21 - April 20
You may find it hard to predict what others are going to do but there is no need to keep looking over your shoulder. Despite one or two minor setbacks today, the rest of the week will be to your liking.

♉ Taurus
April 21 - May 21
Two weeks from now, when the Sun moves into one of the more positive areas of your chart, you will get the chance to do your thing. Until then, accept that others are still calling the shots.

♊ Gemini
May 22 - June 21
If you want to impress people, you had better be quick because as of tomorrow it won't be so easy. Maybe you should give up trying so hard and impress the one person who really counts — yourself.

♋ Cancer
June 22 - July 23
Inspiration will come easy to you today but no matter how fast your mind is working don't try to turn ideas into reality until later in the month. Carry a notepad with you and keep a "To Do" list.

♌ Leo
July 24 - Aug. 23
Anyone who thinks they can trick you into doing something that isn't in your interests is in for an awakening. Someone will try to put one over on you today but will end up looking foolish.

♍ Virgo
Aug. 24 - Sept. 23
Someone you have to deal with over the next 24 hours will talk non-stop without saying much of any great substance. Ignore them.

♎ Libra
Sept. 24 - Oct. 23
Something you hear on the work front could benefit you but only if you act quickly. You are not the only one who is looking to get ahead.

♏ Scorpio
Oct. 24 - Nov. 22
You know what it is you desire and you know what needs to be done to get it, so stop playing around and get serious about your ambitions. Time is running out.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to talk through issues that have been making life difficult for you. Someone needs to take the lead and according to the planets that someone will have to be you.

♑ Capricorn
Dec. 22 - Jan. 20
You'll learn something to your advantage today but you must keep it to yourself. The urge to tell others may be strong but if you do they may try to benefit. There is only so much cash to go around.

♒ Aquarius
Jan. 21 - Feb. 19
Take a good look at what is annoying you and ask yourself how important it really is. Most likely you will come to the conclusion that it's not worth another minute of your time or emotional energy. So forget it.

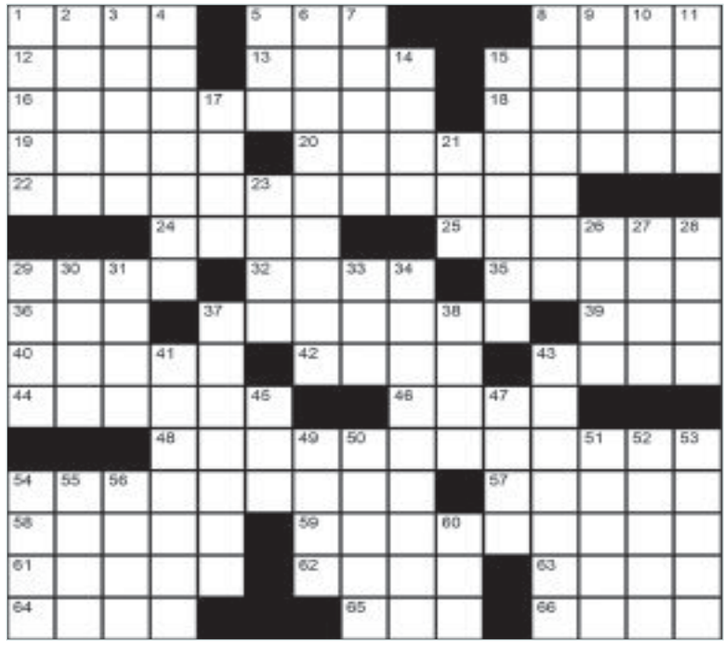
♓ Pisces
Feb. 20 - March 20
Whatever you start today will most likely be a success, but as from tomorrow you won't be quite so lucky, so if there is something that simply has to be done you are advised to get on with — now.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

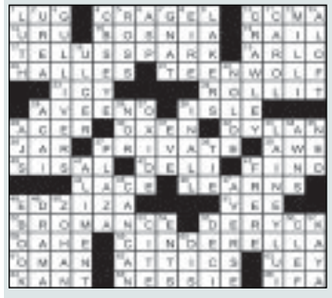
BY KELLY ANN BUCHANAN



Across
1. Berth
5. Electric guitar need
8. Recede
12. Data
13. Rivers: Spanish
15. Ms. Shire
16. Tiny amount
18. Leaves off
19. ___ letter (Use the post)
20. Royal visit meet-and-greet
22. TV crew pro: 2 wds.
24. "The English word 'or' is known __ '__' in French."
25. 'A' of A-bomb
29. TV clicker button
32. __-dokie
35. Matrikin
36. Chopper
37. Beach Volleyball great, Misty May-__
39. Vintage auto
40. Billy Joel's "__ Man"
42. Intermission, __'acte
43. Model/actress Molly
44. High-__ (Overly energetic)
46. Flemish painter, Jacob van __ the Elder
48. Movie of 1993 based loosely on the Jamaican bobsled team of the 1988 Calgary Winter Olympics: 2 wds.
54. Canadian pairs figure skating greats/Olympians, Sale and __
57. "__ to see the point?"
58. Extraterrestrial
59. Pacific or Atlantic expanse
61. Sky sight
62. Longing-for sound
63. "Yippee!" of yore
64. Mr. Olin's
65. Cake make, Sara __
66. Library furniture piece

Down
1. Bette Midler, The Divine ___
2. Annually, ___ year
3. Out ___ = It's time to get more toner
4. __ Provincial Park in Morpeth, ON; or, form of French poetry
5. Actress Ms. Meyers
6. "Happy Days" city
7. Of the Arctic
8. Southwestern Ontario county where Sarnia is located
9. Assortment
10. 'If you', in French: 2 wds.
11. The Middle __
14. 2010 Angelina Jolie movie
15. __ oven
17. Ancient T's
21. Car company
23. Ricky Nelson's "__ Little Fool"
26. Husband: French
27. Detail
28. Business bosses, briefly
29. Cartographer's creations
30. Emergency __ (Building sign)
31. Draw close
33. Mr. Somerhalder
34. Jeremy Piven's old show
37. Ad nauseam: 3 wds.
38. Bar query, "Straight ___ the rocks?"
41. Core part
43. Squelched
45. Obtained
47. Miffy mood
49. Driving needs, for short
50. Fix that squeak once more
51. Gullible
52. Canadian singer Mr. Vannelli's
53. Streamlined
54. Bunch
55. Montreal pronoun
56. Detroit football player
60. He's opposite

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1	5			9	7	
4						2		6
	8			1				4
	9				5	4		
			2		4			
		6	3				2	
1				7			6	
6		4						9
	5	7			3	8		

Yesterday's Sudoku

7	1	6	2	3	9	5	4	8
9	8	3	4	5	6	1	7	2
5	2	4	1	8	7	3	6	9
3	7	2	9	1	5	4	8	6
1	5	9	6	4	8	2	3	7
4	6	8	7	2	3	9	1	5
2	9	7	3	6	4	8	5	1
8	3	1	5	7	2	6	9	4
6	4	5	8	9	1	7	2	3

Weather

TODAY	THURSDAY	FRIDAY
MAX: -20° MIN: -21°	MAX: -15° MIN: -26°	MAX: -19° MIN: -24°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY
Open House
Enter to win $1000 towards your tuition
Tuesday, February 18, 2014
12pm - 3pm | 5pm - 8pm Notre Dame Campus
Wednesday, February 19, 2014
9am - 2pm Notre Dame Campus
At Red River College's Open House, students can:
• Learn about RRC programs and campus life
• Explore residence options
• Meet with instructors
• Speak with Academic Advisors and career counsellors
• Visit our Career Exploration Showcase
www.rrc.ca/openhouse
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